

2010 FSTC Scholarship Winners

The Florida Striders received 18 applications for this year's college scholarships. This group of student athletes included many outstanding individuals, many with GPAs above a 4.0. The scholarship committee, which consisted of Danny Weaver, Kellie Howard, Bill Krause, and Kim Lundy, worked hard at evaluating each applicant and had a difficult task when it came to narrowing the field down to the 3 winners. After much discussion, the scholarship committee is very proud to announce the 2010 Florida Striders \$1,000 College Scholarship winners:

Taryn Greene (left in photo)
Leslie Blackshear (center)
Jamie Heekin (right)

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Upcoming Socials

September

A dinner meeting with a speaker, is planned for Thursday, **September 23** at the Orange Park Kennel Club. Starting at 6:30 pm with a buffet at 7:00 on the 3rd floor (The Starting Box room) of the Kennel Club, the Speaker is **Roy Benson**, former track coach at the University of Florida. The price is \$19.95 per person (coffee and tea included).

R.S.V.P to Glenn Hanna: ghanna3@bellsouth.net or 777-9351. Money for the event will be collected in advance and a final number on those attending is needed by Monday, September 20.

October

Jenny's Pennies celebration will be held on Sunday, **October 10** at approximately 8:00 AM after the run at Sun Tire. Everyone bring a dish with Jenny and the Club providing punch, coffee and drinks (water, Gatorade, G-2 and sodas.) Even if you do not run that morning, everyone is invited to come and enjoy the spread! For more information, see page 7.

November

Vickie and Bernie will be hosting the November social in Ponte Vedra but no date has been set (it will be on a Sunday when the Jaguars are away).

Prez Sez

By Kellie Howard



Can I just say oh, my goodness, it sure is miserable outside. The city of Jacksonville has officially broken the number of days above 90 degrees. I run an hour before sunrise and it is still 80 degrees outside. I get excited before the sun comes up when there is usually a slight breeze. This heat is not good for us runners, especially those of us preparing for a fall marathon. After my long runs, my feet are so pruned that it looks like I have been in the pool too long. I'm miserable, but like most of us, we just keep plotting along. We remember that by running in this heat, when the cooler weather comes along, we will be stronger.

If you need some encouragement, run a summer time ½ marathon in a cooler weather place. I ran the Napa to Sonoma Wine Country Half Marathon last month. The course has some hills, but without the heat, the hills were not that bad. Besides the finish medal given to all runners, wine glasses were passed out at the finish line for sampling wines after the race. It was a great time with friends and so nice to finish a long run without having to wringing out my socks. =

Board of Directors' Summary of Action August 10, 2010

Orange Park Cancer Center

Board Members Present: Kellie Howard, Randy Arend, Scott Hershey, Bill Krause, Ann Krause, Glenn Hanna, Mike Mayse, Kim Lundy, Dave Bokros, Frank Frazier, Vicky Connell, Melissa Saunders, Maria Littlejohn, Kristie Matherne, Carol MacDougall, and Regina Sooeey.

Also present: Mike Marino

Quorum: Yes

The meeting was called to order by Kellie Howard at 7:06 pm.

Review and Approval of Minutes: A motion was made and seconded to approve the minutes from the June meeting. Minutes approved.

Officer Reports: President Report – Kellie Howard

Scholarship Chair: Danny Weaver is appointed scholarship chair for next year.

Board Appointments: Race Director Confirmations

Memorial Day 5K (2011) – Motion made and seconded to approve the President's appointment of Dave Bokros. Motion passed.

Treasurer Report – Randy Arend

We are earning .03% on a money market at Compass Bank-we have about \$44,000 in this account currently. Everbank has a money market that earns 1.26%. Motion made and seconded to open an account at Everbank to deposit our savings. Motion passed.

June 2010

Beginning Cash Balance as of June 1, 2010 was \$9,705.95.

June Income was \$1,687.

June Expenses were \$3,908.42.

Ending Cash Balance as of June 30, 2010 was \$7,484.53.

Ending Cash Balance has designated amounts for Publix Sponsorship, Kohl's Children's Running, and River Run Expo

Continued on page 13

2010-2011 Board of Directors & Key Members

(Board Members marked with an *)

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**Please sign the
Strider person or fill out the race
result form at
floridastriders.com**

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Strength, One Minute at a Time

Once or twice yearly, one of the Florida Striders asks me to speak to a group of new runners, or old runners gearing up for a special race. Although my forte is ultra-long distance running, I'm usually asked to speak about strength training.

Mind you, not weight training or body building, but training for strength. With the muscle fiber type of the Slow Loris or a Three-Toed Sloth (slow twitch), the only explanation for my longevity in the sport is supplemental strength training. Readers who do not know me might picture one of those guys with wide shoulders, a peg-top physique, with bulging quadriceps and abs of steel. Ha! I have weenie arms, thin legs, and supra-iliac skinfolds (love handles) that I am a little ashamed of.

But pound-for-pound, I am pretty strong. I can knock out pull-ups, situps, and pushups with ease. Steep hills and endless stairs are not a problem. Year after year, I can hold my own running in sand dunes with college-age companions. Runners don't have to be strong, but it sure has helped me.

So what can you do to strengthen yourself? You sure don't have a lot of extra time, nor the ready cash to join a gym. Do not despair; you can start with

two minutes . . . and that might be enough.

Do a little strength work every day. Roll out of bed and onto the floor. At first, it will be tempting to lie there and catch another 40 (or 400) winks. But in time, you'll put your hands on the floor and push your stiff body toward the ceiling. In time, you will manage ten and it will take less than 30 seconds. Catch your breath for 30 seconds, then roll onto your back. Over the next minute, whip out as many crunches or situps as you can. Let's say you can do 20.

Not much of a workout, right? Not so. Think long term.

If you do 10 pushups a day and 20 situps a day for a year, you will have strengthened your arms and abdomen with 3,500 pushups and 7,000 situps, no longer insignificant. When you line up for a race with strength inside, you will run with more confidence, lots more mental toughness, and the ability to hang on when things get difficult.

You will start to incorporate tough challenges into your daily routine. You will choose stairs over the elevator, two steps at a time instead of one. You'll decide on a piece of fruit instead of a pastry at break time. You may skip dessert at lunch and walk a mile instead (300 more miles a year). You will know that

Wide World of Running By Jay Birmingham

you can always do a little more, now.

As a runner, you have chosen a sport for the self-motivated only. We don't need cheerleaders, we don't need our names over loudspeakers. Our proudest moments are the ones that only we can identify. Our own harshest critics, we know how far short we fall. But a stronger runner is one who believes that, come whatever adversity, they will find a way to go on =

We would like to hear from you!

Run a great race?

Have a fantastic running tip? Tried a yummy new recipe?

Please share them with us! Send your stories to

StrideRightEdit@aol.com

by the 20th of each month!

New, Renewing and Expiring Memberships

NEW MEMBERS

| | |
|-------------------------|---------|
| Steve Bridges | 8/31/11 |
| Lee Ann & Bob Buscemi | 2/28/12 |
| Michael & Kathleen Hill | 8/31/11 |
| Tom Reaves | 8/31/11 |
| Millie Thrasher | 8/31/12 |

RENEWING MEMBERS

| | |
|-----------------------|---------|
| Richard & Jenny Allen | 7/31/11 |
| Lorna Bradford | 7/31/12 |
| Bonnie Brooks | 7/31/12 |

| | |
|--------------------|---------|
| Carol MacDougall | 7/31/11 |
| James & Denise May | 7/31/11 |
| Steven O'Brien | 7/31/13 |
| Melissa Saunders | 8/31/11 |

MULTI-YEAR MEMBERSHIPS

| | |
|----------------------------|---------|
| Michael Killea | 8/31/11 |
| Steve, Maria, Isabel, Juan | |
| Bruce/Padin | 8/31/11 |
| Mark Woods | 8/31/11 |
| Melissa Saunders | 8/31/11 |

| | |
|------------------|---------|
| Richard Vance | 8/31/12 |
| Susan Thibodeaux | 8/31/12 |
| David Pizzi | |

EXPIRING MEMBERSHIPS

| | |
|-----------------|---------|
| Maria Barefield | 7/31/10 |
| James Howell | 7/31/10 |
| William Powers | 7/31/10 |
| Pat Stack | 7/31/10 |

=

In our continuing efforts to improve communications we are adding another feature to our monthly report. We have added the membership expiration date. This will allow you to double check my work and ensure I get it right. If your name does not appear in this column or you think something is in error with your renewal date please emailme at floridastriders.com or callMikeMayse (904) 777-6108.

SCHOLARSHIP WINNERS

Continued from page 1

Here are the essays submitted by each of our scholarship winners:

Taryn Greene **Pedro Menendez**

The back of my freshman cross country shirt reads: "We must all suffer one of two things: the pain of discipline or the pain of regret and disappointment." —Jim Rohn. Although I wore it almost every week, three years ago, I had yet to discover the depth of its truth.

Cross country is not an amateur sport; you cannot miss practice and expect to get better; you cannot stop and expect to win. As a fourth year varsity runner, putting in at least twenty hours of hard work and effort every week, I have definitely learned the 'pain of discipline.' More importantly, cross country has instilled in me the power of determination. It has taught me to never limit myself, to give everything I have at all times, to never give up, and to "go the extra mile."

I can attribute my success in high school to these lessons which I put into action every day as an athlete and as a student. Before my freshman year, I set a goal to graduate with a perfect 4.0 G.P.A, and to this day, I have met that goal. I strive to complete the best work possible, and I accept nothing less than my full potential. I also exhibit these values in the various clubs I am involved with and, specifically, the leadership roles I have been honored to hold. I have learned that being a leader is an immense responsibility that requires a lot of discipline but is also something I have come to enjoy.

Sadly, I have also learned that sometimes, even when you try your hardest, you will also come to experience the pain of disappointment like when I was diagnosed with exercise induced asthma my freshman season of running. I had to try twice as hard to get half the results of my teammates, forcing myself to become more disciplined, and, often times, I was still disappointed. However, I have learned not to give up because challenges arise every day. It is the way of life. How you handle each challenge decides who you are and who you are going to be. And, in spite of every obstacle, I promise to leave everything on the field, to know that I have done my best. I want reach that finish line and feel the satisfaction that only a runner can understand, that feeling when you are so exhausted you can barely stand, and every muscle in your body aches from solid effort, but you turn around and smile because you know it was an amazing race.

Jamie Heekin **Bishop Kenny High School**

In three years of running in high school, I have won four state titles: one on my school's cross country team and three on my school's track team in the 4x800m relay. I have been told time and time again what an honor it is to win a state

championship and how proud I should be, walking away from high school with four state medals. The accomplishment of winning multiple state titles is one that I will always cherish. Equally important to me is the preparation that went in to these achievements: the obstacles I overcame and the lessons I learned each season. I learned to be tough mentally when I could push myself no further physically. I learned how to deal with pressure and fear. And I discovered how to be a leader and step up when both the pressure and mental strain seemed unbearable.

Summer training was rigorous with five practices every week in addition to private workouts with my coach. Once the school year started, I had to balance running with a challenging academic schedule. Going from nine mile morning runs, to a full day of school, to afternoon workouts in 100 degree weather often seemed impossible, especially when operating on only five or six hours of sleep. I frequently wondered if it was really worth it – the physical pain, the exhaustion, the stress.

Worse than any of the physical fatigue was the mental stress and anxiety. As a freshman, my 4x800m relay team was made up of three freshmen and a sophomore. Walking up to the line at state, the four of us were literally sick to our stomachs with fear. I thought the pressure would be easier to handle each year, but as we continued winning, winning became expected, and the pressure intensified. Throughout the weeks leading to the state meets I would lie awake in bed, worried about the upcoming race, and during the days I would constantly think about it and make myself nervous. Not wanting to contribute to my teammates' anxieties with my own fears, I eventually learned to deal with this extreme pressure quietly and calmly on my own. I felt that learning to handle this anxiety and stay composed was imperative, not only for my own success, but also because I felt that my team at large, more than 100 girls, was always watching me, and looking up to me as a four-year varsity runner and team captain. I needed to show composure and exude confidence in order to convince my teammates that they could handle the pressure themselves.

Because of my experience with running, I feel that I am unusually well-prepared for life outside of high school. Without running, I never would have gained the mental toughness, composure, and leadership abilities that I have today. Balancing training, school, extracurricular activities, friends and family used to be a task that I struggled with daily. As the years have gone on, I have found that juggling these tasks is no longer challenging, but a part of everyday life.

Leslie Blackshear **Episcopal High School**

How High School Athletics has Impacted My Life

"You cannot stay on the summit forever; you have to come down again. So why bother in the first place? Just this: What is above knows what is below, but what is below does

Continued on next page

SCHOLARSHIP WINNERS

Continued from previous page

not know what is above. One climbs, one sees. One descends, one sees no longer, but one has seen. There is an art of conducting oneself in the lower regions by the memory of what one saw higher up. When one can no longer see, one can at least still know." Rene Daumal

Thursday is my favorite day of the week. This truth has held for the past six years of my life. Every Thursday morning, I roll out of bed at 4:30. I smile. Things begin to move fast as I pack my clothes, lunch, and life into the car before hitting the road for a 5:30 a.m. meeting in a dark parking lot. To add to the curious nature of the scene, all the boys and girls ready to meet me are scantily clad, the boys with shorts scarcely long enough to be accepted in

ordinary societal circles. This is "Morning Group," and the route we run Thursday incorporates two of the bridges in downtown Jacksonville. I love bridges. I am sometimes mocked for this, but truthfully, the highlight of my week occurs at the top of the Acosta bridge. I wish I could bottle this feeling. The feeling begins with accomplishment. The run is almost over, and you have already run eight miles more than your friends who still lie listless in bed. You just spent an hour romping the dark streets of downtown Jacksonville, and it is all a blur. But at the apex of the bridge, time stops. I stop too, not out of laziness, but for solidarity and humble obedience to the nature of the beast. The sun seems to always rise just as we top the bridge. The view out over the river is, of course, a little different every morning. Sometimes we are pelted with rain, blown about by wind,

or transformed into sloppy puddle-makers from the heat and humidity. Time stops regardless. The top of the bridge is the threshold to the rest of the day. I know that as soon as I come down, time will start, I will be tossed through breakfast, showering, school, practice, work, and everything else. Things won't be the same.

An inexplicable clarity arrives without fail every Thursday morning. Running has brought a lot to my life over the years, but perhaps most striking is peace of mind. There is nothing like a run to mend, to plan, and to make mistakes and think around them. Nothing. In Florida we don't have mountains, but we do have bridges. What I see from atop the bridge every Thursday morning I can remember and I do take with me away from surreal running life, and back to real life. Through this I am both fueled and anchored. =

Striders at the Races

Race Results

To get your race results published, fill out the form on floridastriders.com

Bridge of Lions 5K

July 17, 2010

St Augustine, FL

| | | |
|-----------------|-------|--------|
| Bill Philips | 18:42 | 1st ag |
| Bryan Rohlin | 20:26 | |
| Bernie Candy | 21:19 | 1st ag |
| Guy Jackson | 22:09 | |
| George Thompson | 24:38 | |
| Quincy Masters | 25:01 | 3rd ag |
| Steve Bruce | 25:08 | |
| Teri Detwiler | 25:13 | 2nd ag |
| Simon Jacobson | 27:52 | |
| Joey Marra | 30:46 | |
| Richard Vance | 32:37 | 3rd ag |
| Bernie Powers | 32:49 | |
| Don Skidmore | 35:36 | |
| Kent Smith | 36:13 | 2nd ag |
| Bo Holub | 36:48 | 2nd ag |
| Jim Hughes | 46:09 | 3rd ag |
| Darlene Schmitt | 48:09 | |
| Trish Kabus | 48:58 | |
| Joe Connolly | 53:22 | 1st ag |

Vestcor Bridges 5k

July 31, 2010

Jacksonville, Florida

| | | |
|-----------------|----------|-----------------|
| Justin Jacobs | 16:15 | 2nd overall |
| John Wisker | 18:05 | |
| | | 1st masters men |
| David Bonnette | 19:34 | |
| Randy Arend | 20:14 | 2nd ag |
| Lisa Adams | 20:51 | 1st ag |
| Bryan Rohlin | 21:15 | |
| Britta Fortson | 21:31 | 2nd ag |
| George Thompson | 21:49 | |
| Barbara Carrico | 21:51 | 3rd ag |
| Regina Taylor | 21:52 | 1st ag |
| Scott Hershey | 22:02 | 2nd ag |
| Donald Wucker | 22:04 | 3rd ag |
| George White | 22:16 | 1st ag |
| Allan Smith | 22:55 | |
| Frank Frazier | 23:08 | 1st ag |
| Paul Smith | 24:14 | |
| Gail Pylipow | 24:40 | 1st ag |
| Paul Smith | 25:45 | 2nd ag |
| Dave Bokros | 27:04:00 | |

| | | |
|-------------------|----------|--------|
| Kevin Carlton | 27:59:00 | |
| Janis Dolemba | 28:19:00 | |
| James Howell | 28:23:00 | |
| Melissa McCrosky | 28:27:00 | |
| Andrea Morrison | 28:52:00 | |
| Patrick Gallagher | 30:58:00 | 1st ag |
| Bernie Powers | 31:01:00 | |
| Nancy Pullo | 32:01:00 | 1st ag |
| Michael Johnson | 32:20:00 | |
| Al Saffer | 33:00:00 | 3rd ag |
| Debbie Smith | 33:09:00 | |
| Michael Martinez | 33:27:00 | |
| Charles Goodyear | 35:12:00 | 1st ag |
| Gordon Slater | 36:33:00 | 2nd ag |
| Lynda Carroll | 44:14:00 | |
| Dee Robertson-Lee | 46:13:00 | |
| Tom Zicafoose | 51:17:00 | |
| Leslie Zicafoose | 51:19:00 | |

Tour de pain

August 13th & 14th, 2010

Jacksonville, FL

| | | |
|---------------|-------|-------------|
| Justin Jacobs | 42:07 | 1st overall |
|---------------|-------|-------------|

| | | | | | | | | |
|------------------|---------------------|--------|-------------------|---------|--------|--------------------|---------|--------|
| John Metzgar | 45:47 | | Maria Munyon | 1:05:32 | | Bill Krause | 1:26:49 | |
| | 1st overall Masters | | Paul Smith | 1:05:55 | 3rd ag | Vanessa Aaronson | 1:27:57 | |
| Ben Huron | 48:46 | | Kacee Bryner | 1:07:27 | | Judy Andrews | 1:29:22 | |
| Randy Arend | 53:03 | | Bonnie Brennan | 1:08:08 | 1st ag | Alan Harmon | 1:29:26 | |
| Robert Walker | 54:28 | | April Martin | 1:08:43 | | David Albritton Sr | 1:29:38 | |
| Britta Fortson | 55:11 | 2nd ag | Buddy Harris | 1:09:22 | | Charles Goodyear | 1:30:43 | 1st ag |
| George Thompson | 55:15 | | Stephanie Foreman | 1:09:37 | | Don Skidmore | 1:31:04 | |
| Bryan Rohlin | 55:25 | | Claudia French | 1:11:19 | 3rd ag | Michael Martinez | 1:32:32 | |
| Donald Wucker | 55:31 | | Sue Whitworth | 1:11:43 | | Danny Randolph | 1:37:19 | |
| Regina Taylor | 55:34 | 1st ag | Joanne Harris | 1:12:20 | | Ivy Bryan | 1:37:46 | |
| Stephen Beard | 55:35 | 2nd ag | Kimberly Lundy | 1:12:38 | | Gordon Slater | 1:38:57 | |
| Raymond Ramos Jr | 56:21 | | Chelle Mahaney | 1:14:22 | | Annie White-Butler | 1:40:58 | 3rd ag |
| Terry Shuya | 57:15 | | Mercedes Smith | 1:14:34 | | Monica Goddard | 1:44:31 | |
| Denise Metzgar | 57:33 | 3rd ag | Leslie Magruder | 1:14:52 | | Carol Marcom | 1:44:45 | |
| Barbara Carrico | 59:16 | | Cindy Lunsford | 1:15:50 | | John Aimone | 1:47:46 | |
| Alison Ronzon | 59:44 | 3rd ag | James Howell | 1:17:13 | | Lori Featheringill | 1:49:48 | |
| Allan Smith | 59:56 | | Patrick Gallagher | 1:18:54 | 1st ag | Stan Lambert | 1:50:09 | |
| George White | 1:00:11 | 2nd ag | James Vavrina | 1:19:11 | | Michelle Ramos | 1:51:14 | |
| Ann Krause | 1:00:29 | 3rd ag | Jay Birmingham | 1:20:40 | | Samantha King | 1:52:05 | |
| Frank Frazier | 1:01:07 | 1st ag | Joanne Seach | 1:20:53 | | Chuck Bryner | 1:52:11 | |
| John Hirsch | 1:02:45 | | Joseph Strickland | 1:23:11 | | Dee Robertson-Lee | 1:56:15 | |
| Gail Pylipow | 1:02:51 | | Will Croft | 1:24:03 | | Diane Aimone | 1:57:13 | 1st ag |
| Tracy Pfuntner | 1:03:15 | | Bernie Powers | 1:24:51 | | Mel Abando | 1:59:48 | |
| Leslie Kindling | 1:05:09 | | Al Saffer | 1:26:00 | 2nd ag | Lynda Carroll | 2:00:02 | = |
| Stan Simpkins | 1:05:21 | | Michael Johnson | 1:26:21 | | | | |

Winning Without Running

By Charles P. Goodyear

I won the Grand Prix series for 70-74 males without running a single race. My secret will be revealed in this short article. Not only did I not run a single race, I never ran a step in practice the entire year.

I ran and walked in all of the races. I did run the entire 100 meters in the Senior Games, but I walked several times in the 800 meters. I did run as long as one mile on a couple of occasions last year, but I usually just ran for two to three minutes and then walked and ran the rest of the way.

I know that Al Saffer, Ben Matthews, and a dozen other area runners could have taken the top prize in the Grand Prix, but they did not follow these three simple rules which also apply in the business world or your workplace.

First: enter the race. Second: show up on time and start the race. Last: finish the race running, walking, or crawling, but finish. You might question, if that is all it takes to be a winner, how do I define a loser? All the losers are sitting on their couch or barstool. Anyone who follows these simple rules is a winner. =



Jenny's Pennies 32nd Anniversary Celebration

October 10

There is a long tradition of collecting any money found during the runs and giving it to Jenny Allen, who uses it to provide the goodies for our Sunday Morning Anniversary Celebration. Come help us spend Jenny's pennies! We'll provide champagne, orange juice and coffee. You can bring fruit, bagels, coffecake, donuts, etc. to share. Join us for a group picture and help celebrate. The 32nd Anniversary of our Sunday morning runs from Sun Tire on Blanding Boulevard in Orange Park. The party will start about 8AM, after the Sunday morning run. Jenny does a wonderful job and it is always a very enjoyable time. =

A Second World Record Attempt

By Mike Marino

Given the huge success of the world record run last year and the great time we had doing it, we decided to try to set another world record. The Florida Striders have been approved by Guinness World Records™ and Record Holders Republic™ to attempt to set the world record for a 100 x 5K relay. This is 100 people each running 5 kilometers around a track (12 ½ laps) in relay format (one by one), passing a baton from runner to runner. We will be establishing a new record, though we have to do it in less than 40 hours in order to qualify for the record. The event will begin on December 10th and end on either December 11th or 12th, 2010. Bishop Snyder High School has again agreed to host the event and we will again be doing it as a benefit for the 26.2 with Donna Foundation. Now all we need is 100 runners and alternates. The criteria and requirements for selection are listed below.

1. Proof of time in a 5K within the past year. To break the 40 hour requirement, we have to average a 24 minute 5K pace or better. Accordingly, we need runners who can run a 5K in 24 minutes or less. To show this, please submit your time for your most recent 5K or a time for race of a longer distance and we'll figure out your 5K pace from that. A limited number of exceptions to the time requirement will be made, so still submit your information if interested.

2. Your availability (or flexibility) to run and volunteer for the dates of the event. If you are selected to run, you also volunteer. We expect runners will be at the track for two to three hours (this includes their running time). More importantly, the event will last close to 40 hours! There has to be a runner on the track at all times as well as people providing support for the runner on the track at all times. Further, we need an alternate runner at the track at all times. Some people are going to be assigned to run at very, very odd hours and there will need to be volunteers and alternates during odd hours as well. Now, if running at 3:15 A.M. in the morning (as I did last year) works for you, then great. Basically, those who are available and willing to run at any time have a better chance of being selected. With that in mind, let us know your availability to run during the days of the event.

3. Fund raising requirement and fee. First, we're doing this as a benefit for the Donna Foundation, thus we need to raise enough money to make a respectable donation (we raised over \$6000 last year). Second, doing a world record includes unique costs, such as video recording the entire event, overseas mailings and phone calls, processing fees...all of which are in addition to regular race expenses. Accordingly, the race fee is \$30 and the fund raising expectation is a minimum of \$50 (the combined total is actually less than it was last year). The total is equivalent to an elite

race fee, and the world record makes this a special event. This is actually less than the River Run and considerably less than the fundraising requirements for the MS 150 (\$200) and Team in Training events (thousands). Further, the fundraising is not near as hard as some people think, especially through the 26.2 with Donna Foundation website. Many folks last year raised over a \$100 dollars by sending out a single notice to family and friends through the website. Note: the fundraising and fee requirement will not be required for alternates.

4. Other criteria. Preference will be given to volunteers from last year and members of the Florida Striders. If you were a volunteer or witness at the event last year, consider yourself at the front of the line for selection this year. Secondly, this is a Strider event, and Striders will be given preference. This would include brand new Striders as well. And becoming a Strider is only \$15 for individuals and \$20 for families, and it includes all kinds of benefits, like discounts at First Place Sports. Yeah, this is an attempt to expand the membership, but hey, it's a chance to be part of a world record.

5. Commitment. This is very important, if you want to run in this event, you have to be committed to doing it. This event requires an incredible amount of coordination and everyone involved has to be dependable – if a single runner doesn't show up or otherwise fails to do

We Get Letters!

I just wanted to comment on the letter written by Maxine Rebeles in the July/Aug issue of the Strideright. What a glowing endorsement of the Striders Children's running programs.

The Striders' goal is to reach out to the community to promote more healthy lifestyles through exercise. What better way than to reach them while they are young!

Maxine's letter lets us know that the Run/Walk program at their school has made their family healthier and closer. They have enjoyed the special bonding time that they have running races together.

Kudos to Bob and Vanessa Boyd for all their time and effort in making this program the huge success that it is. I feel proud that the Striders contribute so positively to our community.

Marge Ruebush

(Strider member since 1980)

their 5K, the entire attempt fails.

So, are you up for being part of a World Record? Trust me, this will be fun – everyone who did the event last year will tell you that it is worth it. If interested, please send an e-mail to

m.t.marino@clearwire.net with **"World Record Attempt"** in the subject line and include your contact information (name, phone) along with answers for the criteria above (5K time, availability for December 10-12, etc.) by no later than October 10th,

2010. And just to be clear, this e-mail is only to identify runners who would be interested in running in the event. We expect to do the selection of the 100 runners by October 15. We look forward to hearing from you. =

Group Training Runs

| DAY | TIME | DISTANCE | JACKSONVILLE AREA | CONTACT |
|----------|--|--|--|--|
| Sunday | 6:30 AM | 5 to 10 Miles Various pace groups | Atlantic Beach Ragtime Restaurant First Street & Atlantic Blvd | Bill or Dot Mitchell (904) 241-0331 mitd0005@mac.com |
| Sunday | 6:30 AM | 6 to 20 Miles Various pace groups | Orange Park Sun Tire Blanding Blvd. | Dave Bokros at dmbokros@gmail.com or 904-545-4538 |
| Sunday | 10:00 AM Seasonal | 3-8 Miles Trail Run | Ponte Vedra Guana State Park | Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com |
| Sunday | 7:00 AM | 7.5 Miles Black Creek Trail | Super WalMart (NE corner) Fleming Island | Kay Womack (904) 215-8656 kaywomack@gmail.com |
| Sunday | 630 AM | Varied | Various Mandarin locations | Stephanie Griffith (904) 268-1503 or cell (904) 233-6964 |
| Monday | 5:00 p.m. in Daylight Savings Time / 5:30 p.m. EST | 6 Miles Downtown Bridges | Jacksonville River City Brewing Company parking lot | Danny Weaver (904) 287-5496 |
| Tuesday | 6:30 PM | 5+ miles | Ponte Vedra Beach Sawgrass Village | Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com |
| Weds. | 6:30 PM | Interval Training | Orange Park, St. Johns Country Day Track | Dave Bokros at dmbokros@gmail.com or 904-545-4538 |
| Weds. | 5:30 PM | Interval Training | Jacksonville Bolles School San Jose Blvd. | Danny Weaver (904) 287-5496 |
| Weds. | 6:15 PM | 6.2 Miles Easy pace | Jacksonville Boone Park Riverside | Doug Tillett (904) 728-3711 douglastillett@hotmail.com |
| Thursday | 6:30 PM | 5 Miles Varied pace | San Marco/Largo Park Corner of Naldo and Largo | Doug Tillett (904) 728-3711 douglastillett@hotmail.com |
| Saturday | 8:30AM | 7+ miles | Ponte Vedra Beach Sawgrass Village | Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com |
| Saturday | 7AM | 2 miles combination of walkers and runners | Orange Park 797 Blanding Blvd, Journey Church | Vernon W Allen 904-699-8614 buildingahealthytemple@walkandrunjour- neygoup.com |
| Saturday | 6:30 AM | 10 to 15 Miles Moderate pace | Julington Creek Starbucks | Wendy Patterson (904) 237-4100 wenrex@comcast.net |



November 6th

2010 Hog Jog

5K

FLORIDA STRIDERS TRACK CLUB



5K Race
November 6, 2010
9:00 AM



1 Mile Runt Run - 10:00 AM

Mike Shad Nissan

Lake Asbury, FL

HEY KIDS!!! Don't forget our FREE one mile Runt Run!
It Starts at 10:00 AM!

This cross country course starts and finishes at
Ronnie VanZant Memorial Park, 2760 Sandridge Rd.

This course will not be suitable for wheelchair or other physically challenged participants. Two lap cross country course. Spikes may be worn. Please arrive early to familiarize yourself with the course. Walkers are welcome but there will be no separate walking awards. **Due to the increased popularity of this race, parking may be limited. Participants are encouraged to car pool.**



AWARDS & REGISTRATION: Top 3 Male & Female; Top Masters & Grand Masters; plus Top 3 in each age group, Male & Female:

AGE GROUPS: 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over. No multiple awards.

RUNT RUN: There is no charge for the Runt Run, but all runners must complete an entry form. Ribbons awarded to all finishers.

RACE NUMBER & TECHNICAL SHIRT PICKUP: Day of race only. Race number and technical shirt pickup & day of race registration will begin at 7:30 AM.

COSTS: (Includes high-quality technical shirt and Post-race refreshments; Technical shirts are guaranteed to all pre-registered 5K entrants).

SCORING: This event does not utilize timing chips.

| Entry received by | Striders/Military | Others |
|-------------------|-------------------|--------|
| October 27 | \$14 | \$16 |
| 10/28 - 11/5 | \$17 | \$19 |
| Race Day | \$25 | \$25 |

Make check payable to: Hog Jog 5K
Mail completed application & check to:
Hog Jog
1228 Blue Heron Lane
Jacksonville Beach, FL 32250

(Race fees are non-refundable.)

How to Get There!

It's just a short drive from
Orange Park with 2
main routes:

From Blanding & I-295:

- 1) South on Blanding to Knight Box Rd - 6.5 miles
- 2) Left on Knight Box to 220 - 1.2 miles
- 3) Right on 220 to 209 (Russell Rd) - 1.1 miles
- 4) Left on 209 to 739 (Henley) - 1.3 miles
- 5) Right on 739 to Sandridge Rd (739B) - 2.3 miles
- 6) Left on Sandridge to Ronnie VanZant Memorial Park - .6 miles

From US 17 & I-295:

- 1) South on US 17 to 220 - 5.5 miles
- 2) Right on 220 to 209 - 6.7 miles
- 3) Follow Steps 4-6 above

For more information contact
Isabel Torres-Padin or Bruce
at 904-864-4994 or
email
hog.jog@comcast.net

| HOG JOG 5K & RUNT RUN ENTRY FORM | | | | | | | | | | | | | | | RACE# (FSTC USE ONLY) | |
|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|---|--|
| | | | | | | | | | | | | | | | <input type="checkbox"/> Y <input type="checkbox"/> N | |
| First Name | | | | | | | | | | | | | | | Last Name | |
| Age | | | | | | | | | | | | | | | Sex | |
| Adult Sizes | | | | | | | | | | | | | | | 5K | |
| RUNT RUN (no charge) | | | | | | | | | | | | | | | | |
| Street Address (include apt. number) | | | | | | | | | | | | | | | | |
| City | | | | | | | | | | | | | | | | |
| State | | | | | | | | | | | | | | | | |
| Zip Code | | | | | | | | | | | | | | | | |
| Telephone Number | | | | | | | | | | | | | | | | |
| Fee Enclosed \$ | | | | | | | | | | | | | | | | |
| <input type="checkbox"/> Florida Striders Track Club Member <input type="checkbox"/> Active or Retired Military | | | | | | | | | | | | | | | | |
| <small>I hereby acknowledge that: Participating in an organized running event is a potentially hazardous activity. I will not participate unless physically and medically able. I agree to abide by all decisions of race officials relative to my ability to safely complete the race course. I assume all risks associated with participating in this event including but not limited to: Slip/trip/fall, contact with other participants, weather conditions, traffic and conditions of the road/surface, all such risks being known and accepted. Having read this waiver and in consideration of entry into this event being accepted, I, for myself and anyone named or entitled to act on my behalf, waive and release members and volunteers of the Florida Striders Track Club (FSTC), Road Runners Club of America (RRCA), the town of Green Cove Springs, and all sponsors, their representatives and successors, from all claims and/or liabilities of any kind arising out of my participation in this event, including any liability that may arise out of negligence or carelessness by persons or organizations named in this waiver. I agree and grant permission that should circumstances arise, I defer to race officials and/or qualified persons as to my need to be examined and/or treated medically during the race. I agree that race officials and/or qualified persons have the right to disqualify and remove me from the race course should I be suffering from a life threatening condition. I further grant to Releasees the right to use any and all photographs, images, or accounts of this event in any manner that it feels appropriate. I agree to abide by all RRCA Guidelines, including but not limited to: No use of headphones or any other device that limits awareness of the participant or any type of wheeled conveyance (excluding use by handicapped or physically disabled participants). Animals are prohibited from the race course unless for the use and assistance of handicapped or physically disabled participants. Rev. 2/05</small> | | | | | | | | | | | | | | | | |
| Your Signature | | | | | | | | | | | | | | | | |
| Date | | | | | | | | | | | | | | | | |
| Parent's Signature (if under 18 years of age) | | | | | | | | | | | | | | | | |
| Date | | | | | | | | | | | | | | | | |
| Mail Check to: Hog Jog 5K • 1228 Blue Heron Lane • Jacksonville Beach, FL 32250 | | | | | | | | | | | | | | | | |

Prefer the convenience of online membership, renewal, or race registration?
Visit Active.com. They charge \$3.25 for their service.

Sept 2010 Race Calendar

Published as a service. Accuracy is not guaranteed. For an expanded list of races in the North Florida area visit Ken Bendy's North Florida & Selected Areas Race Calendar <http://www.ameliaislandrunners.com/kbendy/rrcocal.htm>. If you would like your race listed please email kbendy@aol.com

for a NF list, with web links, see <http://www.ameliaislandrunners.com/kbendy/rrcocal.htm>

| DATE | EVENT | TIME | LOCATION | CONTACT |
|---------------------------|--|------------------|--|------------------------------------|
| Sept 6 | Beaches Labor Day 5K Run with Friends | 8:30 a.m. | Selva Marina Country Club 1600 Selva Marina Dr. Atlantic Beach | (904) 731-1900 1st Place Sports |
| Sept 11 | Warrior Run 5K | 7:30 a.m. | Cortez Park (Ortega) Jax | (904) 731-1900 1st Place Sports |
| Sept 11 | YMCA Strong Kids 5K | 8:00 a.m. | Brooks Family YMCA 10423 Centurion Pky. N. Jax | (352) 637-2475 DRC Sports |
| Sept 18 | Purple Stride 4 Mile | 9:00 a.m. | 738 4th Ave. South Jacksonville Beach | (904) 731-1900 1st Place Sports |
| Sept 25 | Children's Way 5K | 8:00 a.m. | 824 Children's Way San Marco Jax | (904) 731-1900 1st Place Sports |
| Oct. 2 | Jacksonville Marine Corps Half Marathon & Freedom 5K | 7:00 a.m. | Veteran's Memorial Wall Sports Complex Jax | (904) 731-1900 1st Place Sports |
| Oct. 2 | DSAJ All Star Beach Run 5K | 8:00 a.m. | Sea Walk Pavilion Jax Beach | (352) 637-2475 DRC Sports |
| Oct. 2 | Pink Up the Pace 5K | 8:00 a.m. | Orange St. & Cordova St. Augustine | (352) 871-3710 Pink Up the Pace |
| Nov 6 | Hog Jog 5K | 9:00 a.m. | Van Zant Park, Lake Asbury | Florida Striders Track Club |
| Jan 15, 2011 | River Road Resolution 5k | 8:30 a.m. | Orange Park Kennel Club | Florida Striders Track Club |
| April 16, 2011 | Run to The Sun 8k | 8:00 a.m. | Orange Park Kennel Club | Florida Striders Track Club |

For a complete list of North Florida races, go to <http://www.ameliaislandrunners.com/kbendy/rrcocal.htm>

MINUTES

Continued from page 2

Space Rental Budgets totaling \$3,349.85. The last of the World Record Budget was spent for the Party held on June 27. Undesignated cash balance was \$4,134.68.

July 2010

Beginning Cash Balance as of July 1, 2010 was \$7,484.53.

July Income was \$8,465.51.

July Expenses were \$0.

Ending Cash Balance as of July 31, 2010 was \$15,950.04.

Ending Cash Balance has designated amounts for Publix Sponsorship, Kohl's Children's Running, and River Run Expo Space Rental Budgets totaling \$4,749.85. Undesignated cash balance was \$11,200.19.

Comparable Ending Cash Balances as of June 30, 2009 was \$3,833.08 and as of July 31, 2009 was \$4,635.56.

There have been a few donations in designated accounts such as: River Run expo (\$850), and they will remain in those accounts until spent.

Committee and Director Reports

Social Update – Glenn Hanna

August Social – No social

September Social – Nothing scheduled yet. Vicky suggested a dinner meeting with a speaker. Discussion about venues, and speakers.

Kim Crist volunteered to have a social at her house.

Memorial Day Run report – Dave Bokros

-a high number of race day entries, and a high number of entrants who signed up at First Place Sports.

-We made about \$2,000 more this year than last year.

-Randy stated that there are a few open items on here. Randy made a motion to accept the report as presented unless the final accounting differs by more than \$200. Motion seconded and passed.

Hog Jog – proposed budget presented by Steve Bruce. Discussion about t-shirts sold for the fun run. There

will be a standard cotton shirt in yellow for our volunteers. His daughter, Isabel Torres-Padin will be the co-race director. Motion made and seconded to approve this budget as proposed by Steve Bruce for the 2010 Hog Jog.

Old Business

Race Advisor – Randy Arend for Bob Boyd

Race Registration Fees and Technical Shirts. Lisa Adams did a lot of research and found a vendor in Oregon to produce these shirts. We would order a year's worth of shirts in advance and use the same color for all the races the first year. The A4 shirts are \$2.88/shirt and these new ones are \$4.75/shirt plus \$2 for printing. Cotton shirts are \$3.50, so it is a \$3.25 cost difference going from cotton to tech shirts for our races. We would need to increase our race prices by \$4 (\$5 day of race).

Motion made by Randy and seconded to approve an increase in race entry fees of \$4 for pre-registered runners and \$5 day of race registration, and provide technical running shirts for all FSTC races beginning with Hog Jog 2010, provided that the club finds a way to store the shirts (this is due to the requirement to order a large quantity at once).

Discussion on the motion: Dave and Mike Mayse are concerned with storage, logistics, extra cost. Kellie talked with people who were in favor of this idea. There are extra steps in going to a tech shirt because Tom doesn't keep them at his store, so we'd have to procure, store and get the shirts to Tom. People in general want the technical shirts, but there are issues to overcome with storing them and getting them to the printer. Motion passes. Dave opposed the motion.

Youth Summer Track Camp – Vicky Connell

Sherman Smith, track coach at OP High School and she agreed on many of the parameters, but couldn't get everything done in time to have it this Summer. They agreed to do it next Summer and start the planning in January. There are a lot of things to get done. Vicky will apply for a \$500 RRCA grant for this so

we'll know how much funding we'll need. We'll be looking for volunteers and coaches and should be ready to go next June.

New Business

World Record Attempt 100 x 5K –

Mike Marino. Mike is looking at dates and the best dates are Dec 3-5 or Dec 10-12. Maybe have an accompanying 5K to be at the finish of the event and get more people there, raise more money. The Deegans are on board. It is great exposure for the club, and everyone is in favor of it. We have to average better than a 24 minute 5K to break the record.

Motion made and seconded for the Florida Striders to attempt the Guinness World Record 100 x 5K relay, and to appoint Mike Marino as the event chair. This event will be a budget neutral event. Motion passes. Mike will need a committee. Regina will coordinate volunteers/witnesses, and we'll need a film crew.

Announcements

Frank announced that he is having a social after track tomorrow at his house 7pm.

Vicky invited everyone to her change of command ceremony August 22nd at Episcopal HS.

Kristie and Maria are looking for people for the Ragnar Relay in January.

Adjournment: A motion to adjourn was made, seconded and passed. Meeting was adjourned at 8:20 p.m.

Mission – Promote and encourage running by educating the community about the benefits of physical fitness and sport. =

**Check us
out at
floridastriders.com**



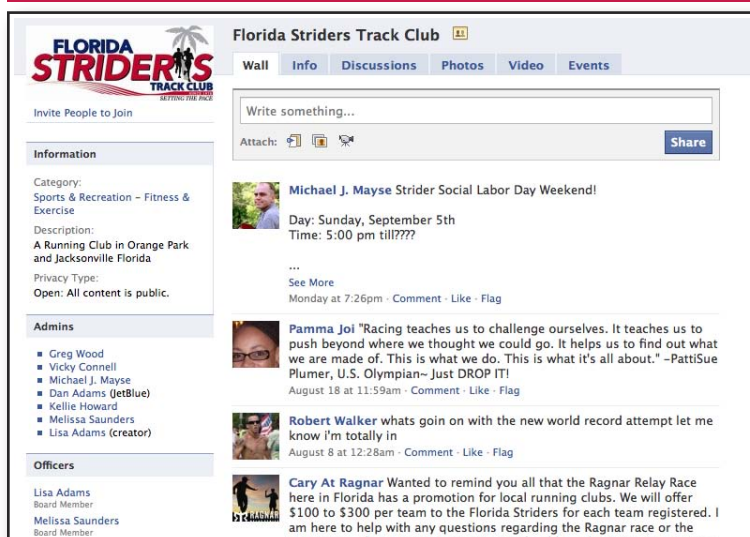
What a Sight!

Al Saffer was spotted at the Summer Beach Run proudly displaying his age group award!

Photo by Ann Krause

We are pleased to announce that the Florida Striders are going to have high-quality technical shirts at all of our races going forward, beginning with the Hog Jog.

facebook.com/home.php?ref=home#/group.php?gid=123218932503&ref=mf



Join us on Facebook! The Florida Striders now have a group page on Facebook.

Connect with fellow runners! Stay in the loop with all the club's goings on. Post photos, videos, or favorite links to share with other members.

Don't miss out! Join today!

Please Print

Application for Membership FLORIDA STRIDERS TRACK CLUB

New ☐
Renewal ☐

Name: Last _____ First _____ M.I. _____
Address _____ # in Family _____
City/State/Zip _____ Spouse's Name _____
Phone: Home _____ Birthdate(s) _____
Phone: Work _____ Employer _____
E-mail _____ Occupation _____
Signature _____ Annual Dues: Family \$20 ☐
Single \$15 ☐
Junior (under 18) \$10 ☐
Senior (over 65) \$10 ☐
Date _____

Mail Application
with dues to:
Florida Striders
8559 Boysenberry Lane E.
Jacksonville, FL 32244

I know and understand that running in and/or volunteering to work at FSTC races are potentially hazardous activities. I will not participate in club activities unless I am medically able and/or properly trained to do so. I agree to abide by any decision of a race official relative to my ability to safely complete a FSTC sponsored race. I assume all risks associated with running and volunteering to work in club races including, but not limited to, slip/trip/falls, contact with other participants, volunteers, or officials, the effects of the weather including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and understood by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my application for membership I, for myself and anyone entitled to act on my behalf, waive, release, and agree to hold harmless the Road Runners Club of America, the Florida Striders Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities, even though these liabilities may arise out of negligence or carelessness on the part of persons named on this waiver.

The Back Page

BY GAIL PYLIPOW

School has begun and Labor Day is upon us! It seems like it was just Memorial Day...where DID the summer go? Hopefully the weather will cool down a bit. The humidity is still pretty high, so stay hydrated, drink Gatorade or something similar for your electrolytes and have fun. Be careful too if you run in the streets; there are lots of crazy drivers on the roads.

Please remember to use the new system to report your race and times through our website www.floridastriders.com to ensure you are named in our newsletter.

To begin, we start with an evening race that takes you over the Main Street bridge then back across the Acosta bridge, fondly known as the **VESTCOR 5K BRIDGES RUN**, which took place on July 31st. The weather was not that great, rainy a good portion of the day and it was sprinkling when I left my house on Fleming Island. But, lo and behold, it wasn't raining downtown! However, it was overcast and HUMID. In the Open Men category **Justin Jacobs** placed 2nd with a time of 16:16 and **John Wisker** ran a time of 18:05 and was the Masters-Men winner. There were eight 1st place age group winners and they were **George White, Frank Frazier, Charles Goodyear, Lisa Adams, Regina Taylor, Gail Pylipow** and **Nancy Pullo**. The five Striders placing 2nd in their age groups were **Randy Arend, Scott Hershey, Paul Smith, Gordon Slater** and **Britt Fortson**. Striders capturing 3rd place in their age groups, and there were three of them, were **Donald Wucker, Al Saffer** and **Barbara Carrico**

The next race was one that so many people talk about, the all-consuming **TOUR DE PAIN**, 3 races in less than 24 hours. The weather was hot and humid for all the races, especially the one mile sizzler Saturday afternoon/evening. This race has grown so much that for the first time this year the one mile sizzler had the masters women category as well as masters men, open men and open women categories. The sand at the beach was nicely hard-packed with no little rivers to jump over and there was some cloud cover to help with the heat. Saturday morning was sunny and humid but Saturday afternoon was all that and more! Once complete the after party at the Jacksonville Landing was a fun reward. The Chicago pizza was superb!! **Justin Jacobs** came in 1st in the open men's category at roadrunner speed with a total time of 42:07:00 and lightning fast **John Metzgar** was the Masters-Men 1st place winner with a total time of 45:47:00. Those who placed 1st in their age groups bringing home the gold were **Frank Frazier**, 1:01:07, **Charles Goodyear**, 1:30:43, **Patrick Gallagher**, 1:18:54, **Regina Taylor**, 55:34:00, **Bonnie Brennan** 1:08:08 and **Diane Aimone**, 1:57:13. Following right behind taking silver were **Stephen Beard**, 55:35, **George White**, 1:00:11, **Al Saffer**, 1:26:00 and **Britta Fortson**, 55:11. Following in their footsteps for the bronze was **Paul Smith**, 1:05:55, **Denise Metzgar**, 57:33, **Alison Ronzon**, 59:44, **Ann Krause**, 1:00:29, **Claudia French** 1:11:19



and **Annie White-Butler**, 1:40:58.

The **RUN FOR THE CHILDREN 5K** was held on August 21st at Riverside Park. **Bryan Rohlin** and **Patrick Gallagher** placed 1st in their age groups, **Don Wucker** and **Dee Robertson-Lee** placed 2nd and **Mark Lee** and **Joe Connolly** placed 3rd. Thank you Striders for showing a Strider presence at this race!

The next race, held on August 28th, was the very popular **annual CARRABBA'S SUMMER BEACH RUN**, 5 miles on the beach starting at the Jacksonville Beach Seawalk Pavilion, with dinner after the race catered by Carrabba's and music to keep the "partay" going! There was a huge turnout for this race and numerous Striders placed. Congrats to the Striders! Finishing 3rd in the Open Men category was **Justin Jacobs**, and placing 1st in the Masters Men category was **John Metzgar**. Those placing first in their age groups were **Mark Grubb, Bill Phillips, Bernie Candy, David Ohnsman, Ben Matthews, Patrick Gallagher, Lisa Adams, Denise Metzgar, Regina Taylor, Ann Krause, Stephanie Griffith, Nancy Pullo** and **Diane Aimone**. Following right behind in 2nd place were **Andrew Marchand, Doug Tillett, Patrick Gaughan, Frank Frazier, Bob Meister, Kayla Vinson, Britta Fortson, Pheona Kaiser** and **Dot Mitchell**. The Striders right behind in 3rd place were **Ben Huron, Robert Walker, John Wisker, Donald Wucker, Steven O'Brien, Bruce Holmes, Al Saffer, Leslie Kindling, Alison Ronzon** and **Claudia French**.

STRIDERS - They're Everywhere!

Hey, if you're out of town and there's a race, go for it!

Maria Littlejohn and **Kristie Matherne** went to **San Francisco** on July 25th to run a half marathon through the beautiful scenery, over the Golden Gate Bridge, around a few of the hilly streets and along the water. They had a great time, stopping to take pictures of themselves on the bridge. They finished in 2:23:45 and would go back to run it again!!!!

We received the following from **Mer-**

National Run@Work Day is September 17, 2010



The goal of National Run@Work Day, the third Friday of every September, is for RRCA members and individuals across the country to host community based events that encourage people to incorporate at least thirty minutes of walking or running into their daily lives.

If adults can lead by example, if companies can encourage healthy living, then together we can combat the national inactivity and obesity crisis gripping our nation and our children.

To help you plan your Run@Work Day event, the RRCA created the Run@Work Day Planning Kit and Fact Sheet. For more information go to, rrca.org.

The Back Page

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Merritt Hopper - "Hi there. My name is Merritt Hopper and I am the Race Director for a new race in Ecuador entitled, www.race2adventure.com. This is a weeklong adventure that entails 5K-10K trail runs/walks in the morning followed by a fun and non-competitive day of rafting through the Amazon, ziplining through the cloud forests and kayaking on the Pacific Ocean. We've been putting on weeks like this in Fiji, New Zealand, and Costa Rica, and now we're taking this adventure to South America in March of 2011! The idea is to have a small form of trail racing in the morning so everyone can feel fulfilled and get exercise. Then, after the competitive race, by 9am, you're ready for eco tourism at its finest. Although we have ads in Trail Runner magazine for the next 4 months, a Facebook page, and other forms of marketing, the best way for us to reach interested runners/walkers/adventure travelers is through road running clubs like yours. If you could please pass along information on our adventure week, scheduled for March 27th through April 3rd in 2011, it would be greatly appreciated. Also, if you could put this on a race calendar (providing your club has one), that would be great too. If you or anyone you know has any questions about this I can be reached at info@race2adventure.com. Registration rates will increase over time so the sooner you're able to forward along information on this week, the better. At the present time, 7 nights, airport transport, almost every meal, every race, and every adventure costs \$1100. As of August

31st, that fee will go to \$1250. For more information on registration rates, please visit <http://www.race2adventure.com/Registration.html>. Thanks so much for your time! Regards, Merritt Hopper, Race Director, info@race2adventure.com

Tidbits and Stuff I Missed

Please let me know if I've missed some stuff so that I can make mention of it in the next issue. I apologize for anyone not listed in the above race results.

In case you haven't heard, the Striders are going to undertake another **Guinness Book of World Records** feat, the **100x5K Relay**. This, I believe, will take place December 10-12, 2010, and like last year, is a fund raising event for **The Donna Foundation**. In order to participate you need to run a 5K in 24:00 or less. Mike Marino has been sending out e-mails regarding this fun event. If you did not receive any of the e-mails let me know and I can forward them to you. My e-mail address is gpylipow@bellsouth.net.

PLEASE, PLEASE, PLEASE, don't forget to sign your name and enter your time for the races on the clipboard by the Striderman, or go to our website at www.floridastriders.com and fill out the form titled "Striders at the Races, Race Results". For the out of town races please use the same website.

Award

For my monthly award I give it to all of our Strider members who show up and run the races. Whether you place in your age group or not, you are out there running, having fun, staying healthy and making new friends. Who could ask for more?! =

SEND US YOUR RACE RESULTS!

If you miss signing the Strider person, please fill out our new race result form located at floridastriders.com.

There is a link to the form on the home page.

Local Running Info



www.floridastriders.com

You can contact us via e-mail at:
kellski@comcast.net

You can get entry forms & results for all 1st Place Sports events on the Internet at www.1stplacesports.com
Also get the latest running news from the RRCA's national office, including a nationwide race schedule as well as important info from clubs across the country at www.rrca.org



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